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# GOT QUESTIONS?

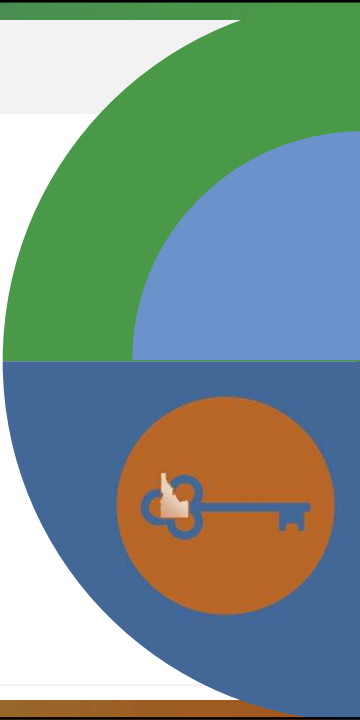
Use the Questions panel to ask what you're curious about

Our ZOOMbie will pose them to the appropriate presenter during the Q&A at the end of the seminar

A decorative graphic on the right side of the slide. It features four large triangles meeting at a central point: a purple triangle in the top-left, a red triangle in the top-right, an orange triangle in the bottom-left, and a blue triangle in the bottom-right. A dark blue circle is positioned on the orange triangle. The entire graphic is set against a white background with a thin grey border.

# SEMINAR MATERIALS

Materials are available  
on the ICOA FPAM website  
<http://aging.idaho.gov/falls>



## TECHNICAL EMERGENCY PLAN

- You are **disconnected**, log back in as soon as possible
- We **lose a panelist**, They will log back in ASAP and continue their discussion
- We **lose our “mother ship”** at ICOA, We have people who can take over
- **Solar flares** shut down this hemisphere, We will contact you when rescheduled





## SEMINAR RECORDING

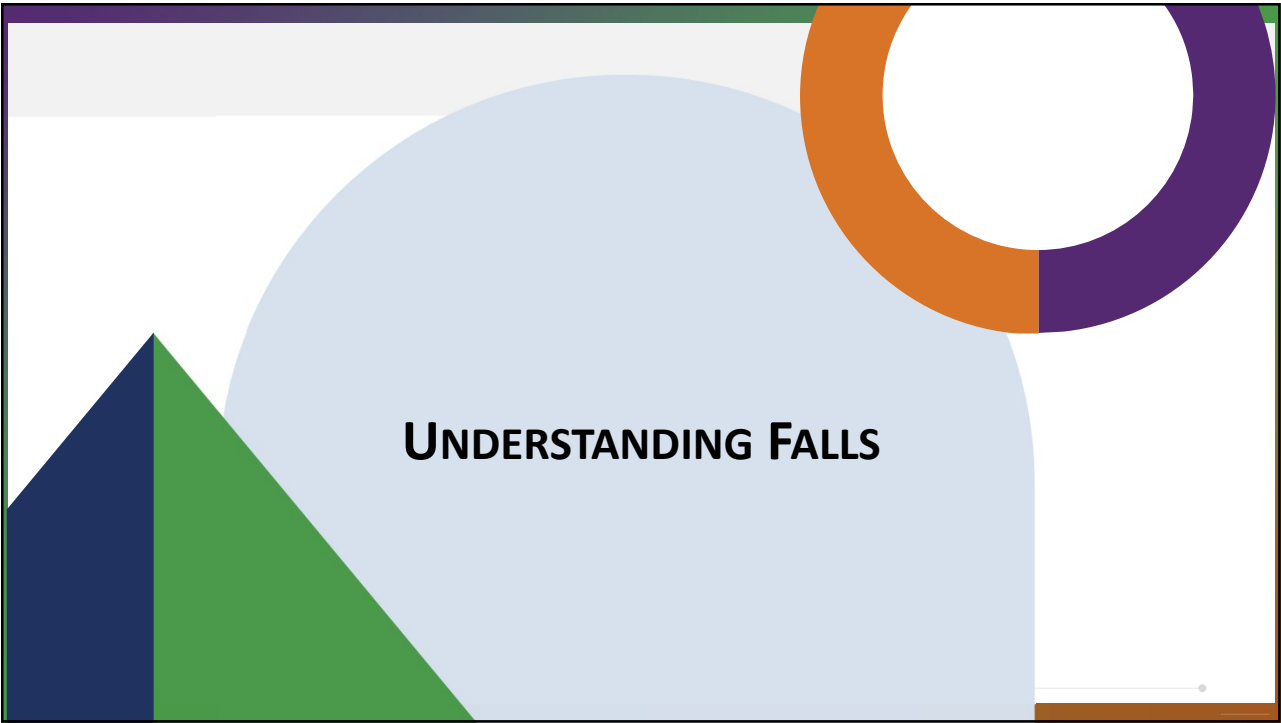
- The seminar is being **recorded**
- You will receive a link via e-mail when it is available On our **Falls Prevention Event Hub**
- It will also be available on our **Falls Prevention webpage**

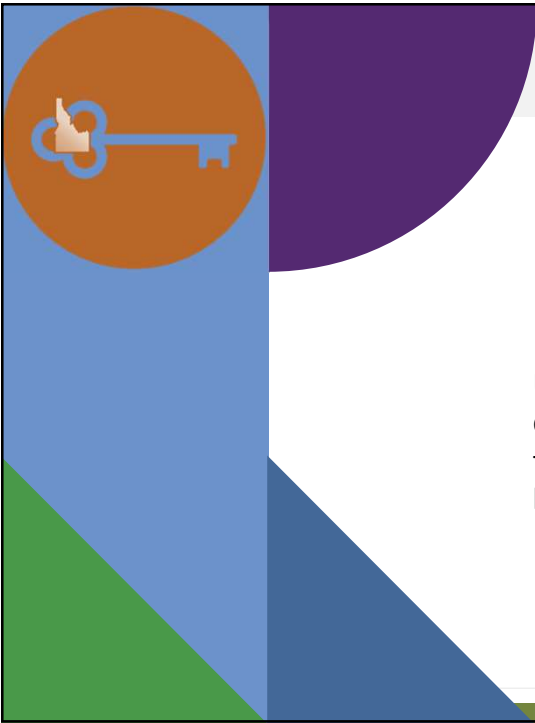
## WHAT WE'LL DISCUSS, SO YOU CAN BE FALLS-FREE

- Understanding falls
- Balance & recovery
- Fall cycle
- Fit & Fall Proof® Program
- Learn to move
- Interactive demo
- Assessing your falls risk
- Q&A










# WHAT IS A “FALL”?


Unintentionally moving downward, typically rapidly and freely without control, from a higher to a lower level

## A FEW FACTS ABOUT FALLS




### FALLS INCREASE AS WE AGE

- 1 in 3 older Idahoans fall at least once/year
- Falling once doubles chances of falling again



### RISK FACTORS FOR FALLS

- Physical inactivity
- Lower body weakness
- Difficulties walking
- Poor balance
- Poor nutrition/hydration

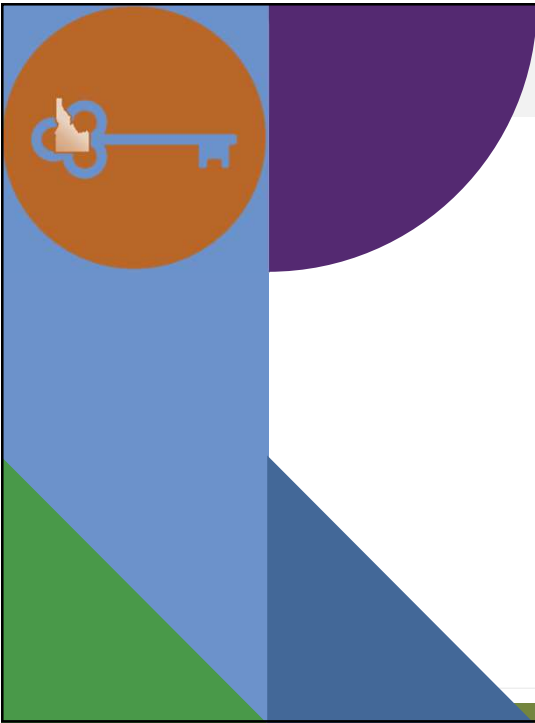


### Outcomes from falls

- Reduced joint/bone stability after fractures
- Diminished physical health
- Loss of independence
- Early institutionalization
- Premature death









# SIMPLE STEPS TO IMPROVE BALANCE & PREVENT FALLS







**Kate Wilson, LPN**  
Public Health- Idaho North  
Central District (PH-INCD)  
*Health Education Specialist*  
*Fit and Fall Proof™ Coordinator*

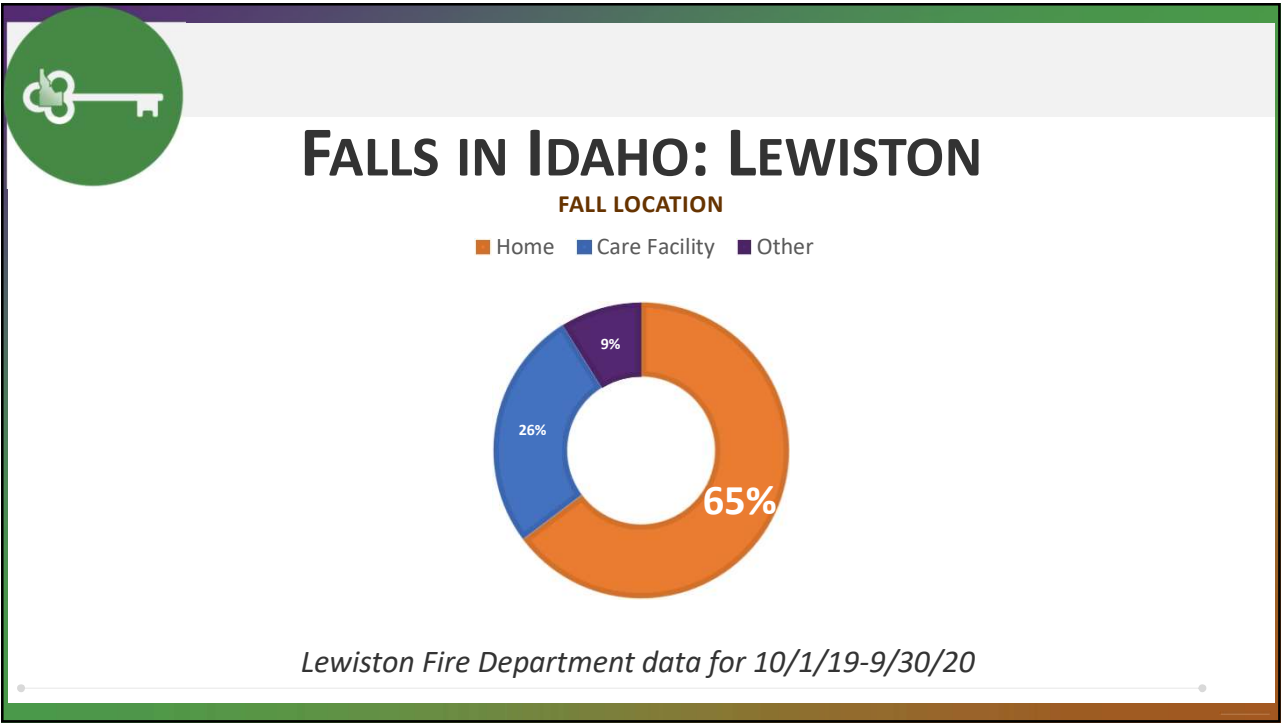






## WHAT CONTRIBUTES TO FALLS?

- Sensory or physical impairment  
Chronic conditions, vision, mobility
- Medication
- Hydration & nutrition
- Clothing
- Long pants, slippery/loose socks/footwear   Socks, fit, footwear
- Environmental factors  
Walking path, light, surfaces, pets



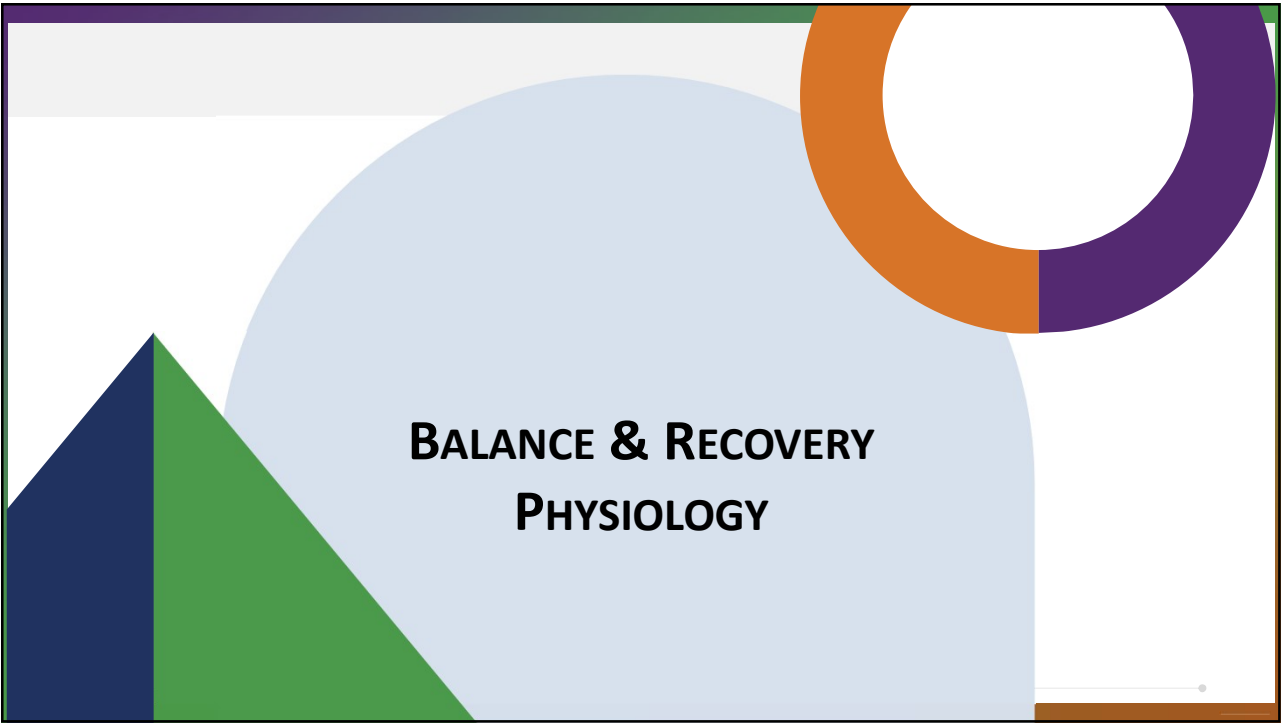




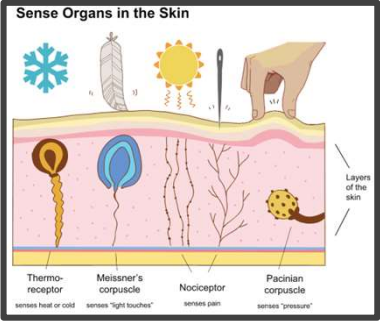

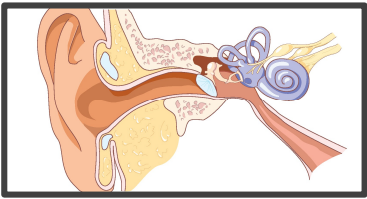



# SHARE YOUR THOUGHTS...

Enter your answer in the chat



# PHYSIOLOGY OF BALANCE



## Systems involved

- Inner Ear
- Skin
- Vision
- Musculoskeletal

### WHAT SYSTEM-SPECIFIC CONDITIONS MIGHT AFFECT BALANCE?

**Vision**

- Blindness
- Cataracts
- Glaucoma

**Brain/Central Nervous System**

- Parkinson’s disease
- Multiple sclerosis

**Inner Ear**

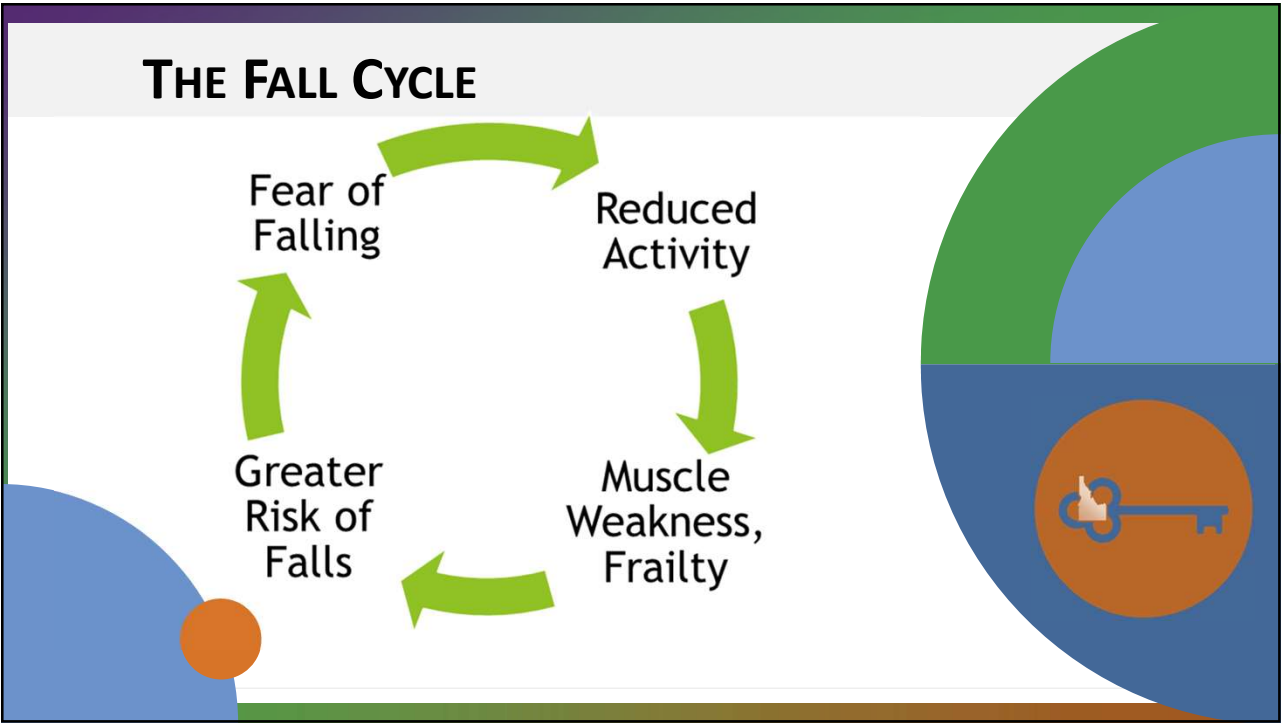
- Infection
- Meniere’s disease

**Skin**


- Neuropathy (Numbness, diabetes)
- Injury

**Musculoskeletal**

- Sarcopenia
- Joint deformity
- Poor posture




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# SIMPLE STEPS CAN REDUCE FALLS


- Make your home safer
- Talk with provider or pharmacist
- Check your eyes
- Keep moving




MAKE YOUR HOME SAFER




GET YOUR VISION AND HEARING CHECKED




REVIEW YOUR MEDICATIONS WITH YOUR DOCTOR




STAY ACTIVE AND EXERCISE



Daily Living Activities





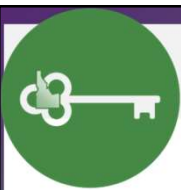
# SHARE YOUR THOUGHTS...

Enter your answer in the chat



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## EVIDENCE-BASED PROGRAM BENEFITS


- Improved posture
- Increased strength
- Faster reaction time
- Improved walking speed
- Reduced fear of falling
- Decreased risk of falls
- Expanded confidence
- Maintained or improved independent lifestyle
- Increased social interaction

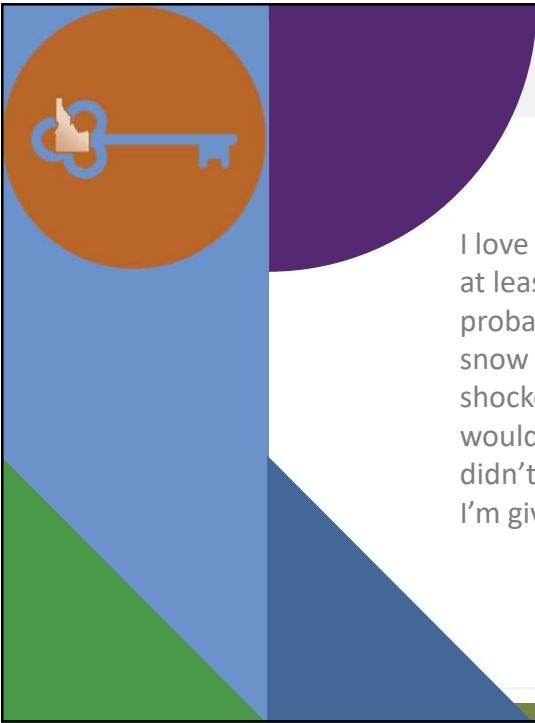




# Fit *and* Fall Proof™


- Statewide evidence-based falls prevention exercise program for older adults
- Developed in Idaho in 2004
- Focused on functional exercises
- 45-60 min./class, 2-3 times/ week
- Perform Timed Up & Go Test (TUG) to measure improvement
- Register through your local health department (free or low-cost)





**SUCCESS STORY:  
CHRISTINE (WEIPPE, ID)**


I love to cross-country ski and I haven't been on mine for at least 4 years. I had shoulder surgery and decided a fall probably wouldn't be a good thing. We've had a lot of snow so I decided it was time to try skiing again. I was shocked at how well I did. Prior to this class my ankles would turn, my balance wasn't good. My first day out I didn't have problems with my ankles & I felt very sturdy. I'm giving credit for this to our Fit & Fall Proof classes.




**SUCCESS STORY:  
LINDA (TROY, ID)**

I wish I could put into words how wonderful it is to be able to move! When I came to class I couldn't sit on the floor (hips were too tight), couldn't put my hand/arm behind my back & grab my other hand- now I can do it all 😊 I can move my hips, get on the floor to play with my grandson...I can chase him around...I have more stamina in general! And the class gets me out of the house and moving 😊Thank you!

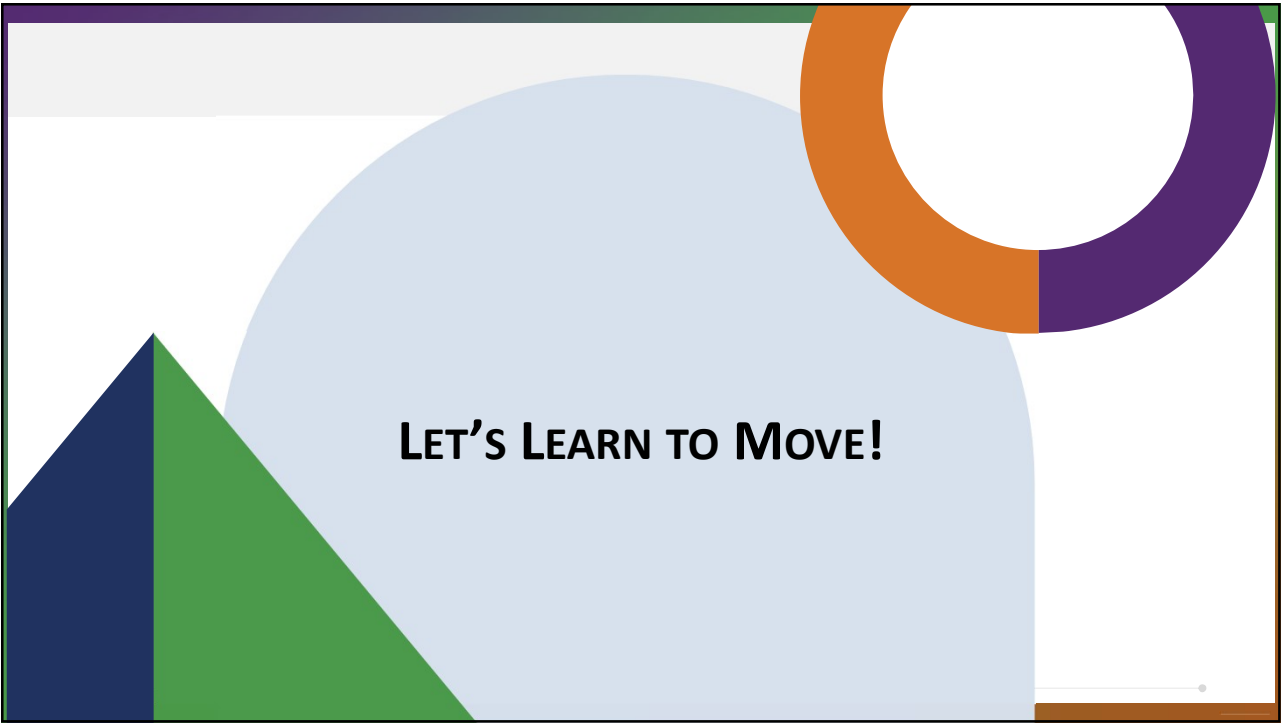
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# SHARE YOUR THOUGHTS...

Enter your answer in the chat




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## DON'T BE SCARED BUT DO BE PREPARED

- Exercise with someone nearby (family, caregiver, classmates)
- Tell class instructors about any relevant medical conditions BEFORE it's necessary (diabetes,, a-fib etc.)
- Keep anything you might need nearby(juice, meds)
- Keep Emergency numbers in large print near each phone
- Keep a phone within arms reach and near the floor in case you fall and need help


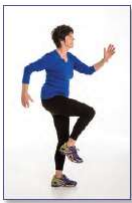
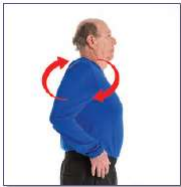






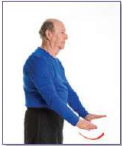
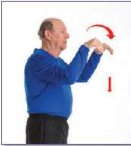
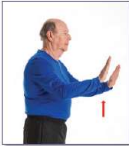
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## INTERACTIVE DEMO

- Do what you are able to do
- “Home Base” - Side-to-side stepping
- Number's game
- Little step with shoulder circles
- Standing march with arms
- Drum major
- Dolphin dives
- Sumo/big steps







# KEEP GOING! YOU'RE DOING WELL!







1. Hip lift

2. Slap and tap


3. Step around the clock

4. The clapper

5. TaDa




6. One-leg squat

7. Tree pose



## LET'S COOL

- Holding up the sky
- Shirt pull
- Seated or standing hamstring
- Seated quad
- Ankle marathon
- 4-7-8 relaxing breath





## FIND YOUR FALLS RISK

- Free online risk assessment
- 12 quick, easy yes/no questions
- Instantly receive fall risk score
- E-mail report with suggestions for follow-up, including contacting healthcare team to reduce fall risk

**ncoa** | **FallsFree CheckUp**  
national council on aging | YOU CAN PREVENT A FALL

[www.Ncoa.org/fallsfreecheckup](http://www.Ncoa.org/fallsfreecheckup) (Espanol)

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# QUESTIONS ABOUT THE NEED TO BE ACTIVE OR TODAY’S DEMO?

**Kate Wilson, LPN**  
Public Health- Idaho North  
Central District (PH-INCD)  
*Health Education Specialist*  
*Fit and Fall Proof™ Coordinator*





**REGISTER FOR OUR  
NEXT SEMINAR!**

**Stay Informed: Why Falls Matter & How to  
Prevent Them**

Tuesday, September 20<sup>th</sup>  
10:00 – 11:30 AM MDT  
9:00 – 10:30 AM PDT

[Registration](#) or <http://aging.idaho.gov/falls>

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# STAY INFORMED

Facebook:  
<https://www.facebook.com/AgeWellIdaho>

Twitter: <https://twitter.com/commissionaging>

ICOA YouTube Channel:  
<https://www.youtube.com/channel/UCRYnrtYY1KxnFIEmcZPY2-Q>





Idaho  
Commission on Aging  
[www.aging.idaho.gov](http://www.aging.idaho.gov)

LET US ASSIST YOU IN LIVING FALLS FREE!



AREA AGENCY on AGING  
OF NORTH IDAHO  
North Idaho College



Helping People. Changing Lives.  
**community Action**  
PARTNERSHIP  
AMERICA'S POVERTY FIGHTING NETWORK

SOUTHWEST IDAHO  
**area**  
AGENCY  
ON AGING





CSI COLLEGE OF  
SOUTHERN  
IDAHO



**SICOG**  
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*Building Bridges to Communities*



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